



PRAYER GROUP
TEMPLATE

How to lead a Youth 2000 Prayer Group

Pre-preparations:

- Check the Youth 2000 Website to know what the Sunday's Gospel is or email office@youth2000.ie for the correct passage.
- Check the Youth 2000 website (www.youth2000.ie) and have printed out the official reflection for the official reflection on the Gospel, in case your group chaplain is unavailable to give his own reflection.
- Please check before the prayer group begins, if the priest is available for confession.
- Put a sign on the door of the church to say that this is a Youth 2000 Prayer Group and a person at the door to greet people arriving.
- Have people asked to read the component parts of the prayer group so that they can practice and become comfortable.
- Have a singer and musician ready to attend the group.
- Have tea and biscuits arranged for post-group.

Begin by saying:

'In the name of the Father, and of the Son, and of the Holy Spirit. Amen. You are all most welcome to this Youth 2000 Prayer Group. Let us begin by reflecting on Jesus' words, 'Where two or three are gathered in My name, I am there amongst them'

Pause for a moment's reflection...

Now say:

'Let us pray to Our Lady, asking our mother to be with us also during this Holy Hour in the Presence of her Son, Jesus. We remember especially all the Youth 2000 Prayer Groups around Ireland and the world. Mary our Mother, today we pray for all the Youth 2000 groups and for the Youth of Ireland. We consecrate them all to your Immaculate Heart and pray most fervently that you will guide and direct them to a deeper unity with Jesus, Your beloved Son. We remember in union with you, all those young people who do not practice, who do not believe, who have no hope or sense of meaning in their lives. We intercede for those who struggle with addictions, particularly to drugs and alcohol, praying for their freedom and conversion in Jesus. Dearest Mother Mary, we turn to you in prayer during this Holy Hour and we ask you to help all young people to live in a deeper way the gift of chastity, remembering most especially those who abuse this great gift. We are all your children and we have full confidence that you will take these prayers into your heart and unite our prayers with yours. Amen.'

At this point the Priest or the Extraordinary Minister of the Eucharist should arise to expose the Blessed Sacrament (unless the Blessed Sacrament is already/ perpetually exposed). If exposing the Blessed Sacrament please begin by inviting people to kneel as the Priest or Extraordinary Minister of the Eucharist exposes the Blessed Sacrament. At the same time the people gathered should sing:

O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine (x3)

Pause for a moment's reflection...

Now say:

Come Holy Spirit, come by the means of the most powerful intercession of the Immaculate heart of Mary Your well beloved spouse (x3)

Pause for a moment's reflection...

The Priest present will now read this Sunday's Gospel and offer a reflection. If no priest is available, say the following:

'We will now listen to the Word of God through this Sunday's Gospel reading.'

Have a person selected to read this Sunday's Gospel aloud to the group. (This passage will be emailed to the Prayer Group Leader before the group, it is also available on the Youth 2000 website). It is good to have this page marked in your bible and a person asked to read this before the group.

Pause for a moment's reflection...

Now it is time for a Gospel Reflection. If a priest is present they will offer this, if not the Youth 2000 Gospel Reflection will be read. Have a person selected to read this reflection aloud to the group. This reflection will be emailed to the Prayer Group Leader before the group, it is also available on the Youth 2000 website. It is good to have this printed out and a person chosen to read before the group.

'A reflection on this Sunday's Gospel from' ... (insert the name of the Priest who wrote the reflection).

If a Priest has been giving the reflection, upon completion, they will make themselves available for confession at the Prayer Group.

If there is a priest available for confession, say:

‘Father is available for confession, if you wish to receive the Sacrament of Reconciliation please make your way to where Father is seated during the Prayer Group.’

Now say:

‘We will now have a period of silence. This is a time to reflect upon the Word of God in this Sunday’s Gospel and listen for the message that God has for us today.’

The time of silence should last between 5 and 10 minutes. This is a time of silence so it should be without interruption or distraction.

Pause for a moment's reflection...

This is a time for a hymn of adoration – Choose a suitable hymn to be played and sang in the Presence of Jesus. If no musician is available then take an extended moment of reflection.

Say:

‘We now offer our Prayers of Petition to Jesus, here present in the Blessed Sacrament ,the cares and desires we have in our hearts. I invite you to offer these prayers to the Lord either aloud or from the silence of your hearts.’
The leader should offer the first Prayer of Petition and conclude their intention by saying:

“Lord hear us”

Attendees should then be encouraged to say:

‘Lord graciously hear us.’

As each person says their Prayer of Petition it should be finished in this manner of saying ‘Lord Hear us, Lord graciously hear us’.

Say:

‘We offer these Prayers of Petition to Jesus, both those spoken aloud and those spoken in the silence of our hearts.’

This is a time for a hymn of adoration – Choose a suitable hymn to be played and sang in the Presence of Jesus. If no musician is available then take an extended moment of reflection.

Say:

‘We now offer our Prayers of Thanksgiving to Jesus, here present in the Blessed Sacrament for all the blessings we have received. I invite you to offer these prayers to the Lord either aloud or from the silence of your hearts.’

The leader should offer the first Prayer of Thanksgiving and conclude their intention by saying:

“We thank you Jesus.”

Attendees should then be encouraged to say:

“We praise you Jesus.”

As each person says their Prayer of Thanksgiving it should be finished in this manner of saying:

“We thank you Jesus, We praise you Jesus.”

Say:

This is a time for a hymn of adoration – Choose a suitable hymn to be played and sang in the Presence of Jesus. If no musician is available then take an extended moment of reflection.

This is now the time for the Rosary.

Say:

‘We now enter into our time of Rosary.’

Begin by, saying:

“In the Name of the Father and of the Son and of the Holy Spirit, Amen”

Then say:

‘I believe in God, the Father Almighty, Creator of heaven and earth and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried, He descended into hell; the third day He arose again from the dead; He ascended into Heaven, and is seated at the right hand of God, the Father Almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.’

Now say:

‘We now offer an Our Father and three Hail Mary for our Holy Father the Pope, his health and his intentions.’

Now say:

‘Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.’

Now say:

‘Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.’ (x3).

Now say:

‘Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen.’

You are now entering the five decades of the Rosary. Begin by stating the first mystery of the rosary for the day that your prayer group is on (see below).

The Joyful Mysteries (Monday & Saturday)

1. The Annunciation

Mary learns that she has been chosen to be the mother of Jesus.

2. The Visitation

Mary visits Elizabeth, who tells her that she will always be remembered.

3. The Nativity

Jesus is born in a stable in Bethlehem.

4. The Presentation

Mary and Joseph take the infant Jesus to the Temple to present him to God.

5. The Finding of Jesus in the Temple

Jesus is found in the Temple discussing his faith with the teachers.

The Mysteries of Light (Thursday)

1. The Baptism of Jesus in the River Jordan

God proclaims that Jesus is his beloved Son.

2. The Wedding Feast at Cana

At Mary's request, Jesus performs his first miracle.

3. The Proclamation of the Kingdom of God

Jesus calls all to conversion and service to the Kingdom.

4. The Transfiguration of Jesus

Jesus is revealed in glory to Peter, James, and John.

5. The Institution of the Eucharist

Jesus offers his Body and Blood at the Last Supper.

The Sorrowful Mysteries (Tuesday & Friday)

1. The Agony in the Garden

Jesus prays in the Garden of Gethsemane on the night before he dies.

2. The Scourging at the Pillar

Jesus is lashed with whips.

3. The Crowning With Thorns

Jesus is mocked and crowned with thorns.

4. The Carrying of the Cross

Jesus carries the cross that will be used to crucify him.

5. The Crucifixion

Jesus is nailed to the cross and dies.

The Glorious Mysteries (Wednesday & Sunday)

1. The Resurrection

God the Father raises Jesus from the dead.

2. The Ascension

Jesus returns to his Father in heaven.

3. The Coming of the Holy Spirit

The Holy Spirit comes to bring new life to the disciples.

4. The Assumption of Mary

At the end of her life on earth, Mary is taken body and soul into heaven.

5. The Coronation of Mary

Mary is crowned as Queen of Heaven and Earth.

When you have stated the first mystery of the Rosary say:

'Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.'

'Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death. Amen.' (x10).

‘Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning is now and ever shall be, world without end. Amen.’

‘O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially, those most in need of Thy mercy. Amen.’

Repeat this format for all five decades of the Rosary.

When you have completed your fifth decade in this manner say:

‘Hail Holy Queen, Mother of Mercy, hail our life our sweetness and our hope. To thee do we cry, poor banished children of Eve; To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

‘Pray for us, O Holy Mother of God’

‘That we may be made worthy of the promises of Christ.’

‘Let us pray.’

‘O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal salvation. Grant, we beseech Thee, that meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.’

‘Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to Your protection, implored Your help, or sought Your intercession was left unaided. Inspired with this confidence, we fly to you, O Virgin of virgins, our Mother. To thee do we come; before thee we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy, hear and answer us. Amen.’

‘St. Michael the Archangel, defend us in the hour of battle. Be our safeguard against the wickedness and snares of the Devil. And may God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust Satan down to hell, and with him all the evil spirits, who wander through the world seeking for the ruin of souls. Amen.’

Pause for a moment's reflection...

Now a person will read aloud the prayer to the Patron Saint of the group. It is good to have a person asked before the group to read this.

Say:

'Now we read our prayer to the Patron Saint of our Prayer group.'

Now a person will read aloud the Youth 2000 Dedication Prayer to Our Lady. It is good to have a person asked before the group to read this.

Say:

'We pray now read our dedication prayer to Our Lady. Jesus we ask for your blessing always through your Holy Mother Mary as we pray,
O Immaculate Heart of Mary, my Mother and my Queen, I thank you from my heart for all the blessings and graces you have given me. I love you with all my heart and I promise to serve you always and to make you loved by all. I place my entire life with its many cares, anxieties, joys and hopes in the tender arms of your maternal love, knowing that you will always guide and Protect me.
Inflame my heart with a true love of Jesus your Son that I may always accomplish His holy will. O Immaculate Heart of Mary, watch over and guide Youth 2000 that we may be faithful to our mission of leading young people to the Heart of the Church. Do not leave us until you see us safe in heaven, there in your presence , with all the angels and saints, we will sing the praises of God: Father, Son and Holy Spirit for all eternity. Amen'

Now say:

'Lord Jesus, we thank you for this time spent together in Your presence. You are present here, body, blood, soul and divinity in the Eucharist. We ask you to bless us as we go forth that we may always do your will and that we may live as strong witnesses to you. '

At this point, if there is a Priest present they will conclude the confessions and will make their way to the Altar to give those present a Eucharist blessing and begin Reposition of the Blessed Sacrament.

If it is an Extraordinary Minister of the Eucharist present they will begin to repose the Blessed Sacrament.

During Reposition of the Blessed Sacrament the group should sing:

O Sacrament most Holy, O Sacrament Divine, all praise and all thanksgiving be every moment Thine (x3)

If a musician is available they should lead the group in a Marian hymn. If no musician is available then this element may be omitted.

Finish by saying:

'In the name of the Father, and of the Son, and of the Holy Spirit. Amen.'

